

# Matzo Balls

Yield: 6 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-chicken-consomme-recipe>

## Ingredients:

- 1/4 cup matzo meal
- 2 eggs
- 1 cup water room temperature
- 1/4 cup oil
- 1 chopped garlic Dorot, Cube
- 3 chopped onion Dorot, Cubes
- pepper
- salt
- 2 tablespoons chicken consomme

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 70 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 160 milligrams
9. Sugar: 2 grams

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